



Tools For Action

A sample of physical education initiatives in Wisconsin

Jogging Club

Contact Information

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Program Information

Program Name Jogging Club
Program Category Innovative class management strategies
Grade Level Elementary School (K-2); Elementary School (3-5)
Assessment Method

Program Information

Products Developed or Materials Used:

Program Description:

On the first PE day of the week, as the class enters the gym, they start "jogging club." As a class, they are timed to see how long they can all jog or run. I keep a chart for the whole school and each class earns a free day when they reach their goal. There is no negative talk allowed and students are encouraged to help each other out by getting a jogging buddy when they are feeling tired. Instead of stopping right away, they raise their hand to let someone know they are getting tired. We do high five laps and other special laps to mix it up a bit. They really look forward to it and have an all-school informal competition going.

For information on other **Physical Education Best Practices**, visit the website at:
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgajq@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
Pesikme@dhfs.state.wi.us (Marv Pesik, Program and Grant Coordinator)